

EDUCATION – CLINICAL

OUR FUTURE



SRNA Sedation Sequels



**FALL OF 2019, Issue
13**

Professor Highlight: Dr. Christian Peñaranda



It doesn't take long into the busy life of an FIU SRNA to notice that the university is always searching for new talent and energy to add to the faculty. The Florida International University Doctor of Nurse Anesthesia Program (FIU DNAP) is committed to scouting the best perspectives and expertise to bring into our learning community and enrich the training experience. This commitment continued when the FIU DNAP welcomed Dr. Christian Peñaranda as an adjunct professor over the summer.



As with the rest of FIU DNAP's faculty, Dr. Peñaranda has had a unique journey in the nursing field that ultimately brought him to his current position as a nurse anesthesia clinical educator. Immediately after graduating nursing school at the University of Miami, Dr. Peñaranda went right to work in the Surgical Intensive Care Unit (SICU) at the Miami Veteran's Affairs Medical Center (VAMC). He remained there for seven years, gaining invaluable critical care experience. Dr. Peñaranda had the rare and prestigious honor of receiving a scholarship to attend the US Army Graduate Program in Anesthesia Nursing (USAGPAN) as a civilian. USAGPAN, for the uninitiated, trains Army, Air Force, and VA health system civilian students and is routinely rated in the top five of all nurse anesthesia programs in the nation.

Dr. Peñaranda explains that nurse anesthesia has a rich tradition within the US Army, and has been training CRNAs for almost 50 years. Training takes place at Fort Sam Houston in San Antonio, Texas, in addition to the usual nurse anesthesia curriculum, USAGPAN students train in specialized field anesthesia. This training ensures graduates are qualified to be deploy in adverse environments when necessary. This training gives Dr. Peñaranda a distinctive take on anesthesia that only a USAGPAN graduate can offer.

Dr. Peñaranda returned to Miami VAMC and has been working there for three years as a CRNA. At this point in his career, Dr. Peñaranda enjoys providing the best possible anesthesia care for veterans he serves and is perpetually seeking to expand his knowledge and critical thinking skills in the art and science of anesthesia. Dr. Peñaranda's wealth of experience in the VA health system positions him as an ideal mentor for SRNAs training at Miami VAMC, one of our newest clinical sites. VA health system is the nation's largest integrated health system and can be intimidating to some. When training at Miami VAMC, Dr. Peñaranda would like students to recognize the honor in caring for men, women and families of those who served our country. Students should instill core values of the VA health system with them; integrity, commitment, advocacy, respect, and excellence.

Dr. Peñaranda is intentional about taking care of himself physically and mentally. "Maintaining and optimizing my health is a top priority of mine each day. I wake up early, usually around 0430. I enjoy this time for myself before I enter my workday. I call my morning routine Morning Metabolic/Mental Boost" he states. This routine includes hydration, exercise and should serve as an example to the FIU SRNA community on how to optimize our focus, motivation, and mental well-being. His hobbies include; reading, traveling, running, being outdoors, spending time with family and friends, and attending conferences. Dr. Peñaranda is a prized addition to the FIU DNAP community. Anyone who has the good fortune of working with him will gain much from his patience and knowledgeable experience.

Daniel Fortich, SRNA C/O 2020

Message From The Program Chair



I look forward to leading the Department to soaring new heights. What a fantastic year! The FIU Nurse Anesthesia Program has had a year of firsts. We had our inaugural White Coat Ceremony for the Class of 2021 before entering into their clinical assignments. The Department currently has 11 clinical sites adding the Miami VA Hospital, North Broward Hospital and Broward Health Medical Center. We adopted the Reaction Understanding Summarize and Take-home Message (RUST) debriefing tool for our simulation. We selected the NursingCAS system for admission and admitted our largest class ever with 45 students in the Class of 2022. Students will now be finishing with a Masters in Direct Care and Leadership in route to their Doctor of Nursing Practice (DNP). We had a DNP Symposium that offered CEU's for the first time and had our inaugural DNP Hooding for the graduating class of 2019. As we enter a new decade in 2020, the FIU Nurse Anesthesia brand is strong, offering exceptional clinical experiences in Dade and Broward County. Our FIU students can go anywhere and hit the ground running. I wish you all a blessed and Happy Holidays.

Derrick C. Glymph, DNAP, CRNA, APRN, COL., USAR

Chair, Department of Nurse Anesthetist Practice

White Coat Ceremony: Welcome Class of 2021



A new tradition. Florida International University's Doctor of Nursing Practice Nurse Anesthesia (DNP-NA) program had the honor of hosting its First Inaugural White Coat Ceremony. On September 24, 2019, the class of 2021 was the first class to receive their white coat as a rite of passage to signify their entrance into clinical practice. The white coat represents excellence, symbolizes purity, and the pursuit to knowledge.

The first White Coat Ceremony took place in 1993 at Columbia University. In 2014, recognizing the vital role nurses play on the healthcare team, the Gold Foundation partnered with the American Association of Colleges of Nursing to adopt a White Coat Ceremony for nursing.

The first white coat ceremony for student nurse anesthetists at FIU recognized the crucial role that CRNA's have as patient advocates and healthcare team members. Students were cloaked by faculty in their white coats and pledged a commitment to providing high-quality, patient-centered care. It represents a new beginning for the program.

This ceremony reminded students as to why they took on this huge endeavor. It is an oath to uphold the dignity of patients and a promise to provide the utmost care. Nurse anesthetists are privileged to serve patients at the highest level and ensure their safety during an especially vulnerable and feared time in their lives: surgery.

Furthermore, it allowed students' families to get a glimpse into their world as student nurse anesthetists. The speakers included Dr. Ora Strickland, PhD., DSc (Hon.), RN, FAAN; Dr. Derrick Glymph, DNAP, CRNA, APRN, COL., USAR; and Dr. Debra Diaz, DNP, CRNA, APRN, CDE, USN (RET). All of them reminded the students the anesthesia journey is not one that can be done alone. They are reliant on support of family, friends, classmates, and faculty to succeed.

Katie Brennan, SRNA C/O 2021

John-Mike Rujimora, SRNA C/O 2020

Doctor of Nursing Practice Scholarly Project Symposium



On November 16th, 2019 Florida International University hosted its Third Annual Doctor of Nursing Practice Scholarly Project Symposium at the Nicole Wertheim College of Nursing and Health Sciences (NWCNHS). This event provided the opportunity for Advance Practice Nursing Students to present their DNP Projects to faculty, fellow doctorate students, friends and family members. This event began with a powerful message from Dean Ora Strickland about the past, present and future of nursing and foundation that pioneer nurses have set for the profession through research. The symposium allowed DNP students from both Family Nurse Practitioner and Nurse Anesthesia programs to present clinically relevant projects they have spent more than a year researching and developing.

Students presented on various topics that included; regional anesthesia techniques, pharmacological adjunct therapies, Enhanced Recovery After Surgery (ERAS) and opioid sparing techniques. Educating Anesthesia Providers on the Utilization of Ultrasound Guided Peripheral Access (UGPA) presented by Ariane Soffron and Linda Weisberg promoted the use of first attempt UGPA on patients with known difficulties for attaining intravenous access. Emergency planning presentations discussed Disaster Preparedness Curriculum for Nurse Anesthesia Programs by Ancy Rupin and Active Shooter Protocol for Hospitals to Mitigate Potential Loss of Lives by Haldane Hall simulated emergency events and safety in the midst of a crisis. Other Topics relevant to anesthesia practice included; (1) regional blocks for surgical procedures to improve patient outcomes, (2) alternative techniques to prevent postdural headaches and post spinal hypotension, and (3) methods to prevent postoperative delirium in elderly patients.

DNP Scholarly Presentation also included Family Nurse Practitioners that discussed topics on health promotion and disease prevention. Rahela Damse presented on Mitigating Risk Compensation and Sexually Transmitted Infections (STIs) Among HIV High Risk Individuals Taking Pre- Exposure Prophylaxis (PrEP) and Angelina St. Germaine presented the topic of Increasing HPV Vaccine Compliance Among Rural Teens. The event closed with student certificates and a special thanks to the faculty support received throughout the journey.

Maderica Bacon, SRNA C/O 2020

Ashlee Dillon, SRNA C/O 2020

CLINICAL SPOTLIGHT: Miami Surgical Center- Mario De La Portilla



Mario De La Portilla has been a CRNA for 19 years with work experience at Baptist Hospital, Jackson Memorial, Palmetto Hospital, Hialeah Hospital, Miami Surgical Center and in a plastic surgery center. Born and raised in Cuba, Mario left in his fifth year of medical school where he made the decision to choose freedom over his career in medicine. Once Mario became comfortable with the transition in his new environment and proficient in English, he started nursing school at FIU with the intention of going to CRNA school. Mario's work experience as a nurse took place at Kendall Regional Emergency Department and the Surgical ICU at Jackson Memorial for two years before entering the CRNA program at Barry University.

Mario's passion for anesthesia provides the opportunity for autonomous decision making and high-level critical thinking. He is passionate about the variety that the nurse anesthetist profession offers in performing invasive procedures such as arterial line and central line insertion, neuraxial and peripheral nerve blocks and tracheal intubations.

The specialty Mario particularly enjoys is regional anesthesia. Although peripheral nerve blocks were not emphasized much during his CRNA program, it is something he enjoys doing now as a practitioner. The use of ultrasound guidance is quickly becoming the standard. Peripheral nerve blocks allow anesthesia providers to significantly



decrease the use of narcotics, improves patient satisfaction, decreases time to discharge, and leads to less complications postoperatively.

Mario enjoys time mentoring SRNAs and feels "It's always good to transmit knowledge to the next generation of CRNAs it is important to remember that each of us were in that position at one point in time." For students, keys to success in the clinical settings is that a student must be flexible enough to work with many different personalities as every CRNA has "their way" of doing things which can present as a challenge. Surgeons can also be very particular in the way they like things done, there is a lot of information students are expected to learn at a rapid pace. The financial burden and idea of not making money for a long period of time can place additional stress on families and students devoted to their studies. "Be patient! Take it one day at a time. In the end, it will be rewarding and all worth it." Mario also advises SRNAs to start by working in a hospital where they have challenging cases, obstetrics, and pediatrics.

In his free time, Mario enjoys running, fishing, and spending time with his 12 year old son. His wife is a nurse practitioner and works in critical care specializing in the Interventional Radiology department. He enjoys quality time and priceless moments spent with family and friends.

Andrew Schroll, SRNA C/O 2020

CLINICAL SPOTLIGHT: Broward North Regional Hospital- Sean Norden

Sean Norden is the Chief Nurse Anesthetist at Broward North Regional Hospital. He is an integral and valuable member of the Broward North anesthesia team since graduating from Barry University in 2010. In 2015 he went on to complete his doctoral degree and has been working as the chief anesthetist since this time. Sean is no stranger to the Broward North Health System. His resume boasts an extensive list of work experience ranging from emergency trauma, to medical and surgical intensive care. Prior to applying to anesthesia school, Sean had accumulated approximately 7 years of critical care experience. After toggling between nurse anesthesia school and physician assistant school, his decision to pursue anesthesia was solidified once he received insight from his mentor who was pursuing anesthesia at the time. Sean also received sound advice from his father, a physician who had worked closely with nurse anesthetists for many years. He encouraged Sean to pursue the specialty where he would find the autonomy that he sought.

As the chief nurse anesthetist at Broward North, Sean acts as a liaison between the CRNAs, anesthesiologists, surgeons, administration and various other allied health team members. Sean plays a fundamental role in the implementation and maintenance of evidence based practice in the OR. He is often referred to as a “fair and kind” leader by his peers. As per Sean, leader is heavily based on balance. His actions are as neutral as possible in all

Sean is also the students completing clinical. This is a role he finds to be witness the evolution of the towards becoming proficient highlights of working in a North, Sean believes that the an attractive feature for believes that the wide range trauma, neurology, cardiac well-rounded clinical the student’s skill and

Sean's advice to is to not stress over the may seem, he emphasizes training we receive as students will allow us to be extremely well-trained and prepared to provide safe anesthesia to patients. Similarly, Sean offers the following advice for any student that is struggling academically or clinically. “Failures do not define Who You Are. Every student experiences hiccups along the road. Whether it is a test or a difficult clinical day, keep pushing through and maintain a positive mindset.” He also stresses the importance of mental health days and self-care days throughout the program.

Sean is married and also a father to three beautiful children. He is born and raised in South Florida and worked as a mate and Captain prior to his nursing career. He enjoys and continues to participate in competitive fishing tournaments, a hobby that has also become a family activity. Interestingly, his true passion for anesthesia is well demonstrated in the witty name that he chose for his boat which is called, In - 2 - Bait.

Sean sees a bright future for the nurse anesthesia profession and believes the incoming DNP students will play a fundamental role in the advancement of the profession.



the key to his success as a maintaining and achieving guided by his goal to remain situations.

clinical coordinator for rotations at Broward North. very rewarding as he gets to student as they progress clinicians. Amongst the facility such as Broward diversity in patient acuity is students to experience. He of surgical cases including and orthopedic provide for a experience that will enhance knowledge base.

anesthesia nursing students details. As difficult as that that the didactic and clinical

Aisha Williams-Hunte, SRNA C/O 2021

FANA ANNUAL CONFERENCE



FANA's annual conference was held October 4th – 6th in Orlando Florida. This event was a wonderful opportunity to meet and interact with CRNA & SRNAs from all parts of Florida. The event included lectures on opioid-free anesthesia, pain pathways, cannabis and cannabinoids, and the value of AANA and FANA membership. There was also discussion on the importance of FANA membership and contributing to the FANA PAC.

The FANA PAC is a political action committee committed to advocating for Certified Registered Nurse Anesthetists in the Florida state legislature. FANA explains the PAC is important to protect and advocate for Florida CRNAs. FANA had several significant legislative victories last year. HB 451 is a non-opioid alternative bill which was successfully passed. This bill requires anesthesia providers to inform patients of alternatives to opioids and educate them on the options for opioid free anesthesia. SB 732 threatened to limit the CRNAs ability to provide anesthesia in the office based, by requiring supervision of the CRNA by an anesthesiologist. This was defended against and the language limiting the CRNAs practice was removed.

This PAC is vital to our future as CRNAs. To improve the voice of CRNAs in the legislation FANA asks that all SRNAs and CRNAs take the PAC challenge. You can learn more about this initiative through this link <https://www.fana.org/pac>.

FIU had one team participate in the annual college bowl. This fun jeopardy style game allows SRNAs from each Florida nurse anesthesia program to compete in head to head trivia and "rep" their school. Each school can have more than one team and so all students who are interested should participate, both juniors, seniors, and super seniors! Study some apex anesthesia and get your classmates ready for next year's annual college bowl.

Each CRNA program has a Florida Association of Student Nurse Anesthetists (FASNA) representative. This year new representatives were chosen and met at the annual conference. The purpose of FASNA is to create a structure for Registered Nurses studying the science and art of nurse anesthesiology within the state of Florida to assemble, exchange information and build a foundation for career development. More information can be found on their website <https://www.fana.org/fasna>. Your FIU FASNA rep is Michael Drossos.

Overall, FANA is a wonderful event. It is a great opportunity to get out of town with your friends from class and learn more about anesthesia. This conference allows the SRNA to meet other anesthesia professionals from throughout the state and network. The amount that you learn about the state of anesthesia and the roles of the CRNA in Florida is invaluable. I encourage all FIU SRNAs to plan ahead for and attend future FANA and AANA events. We'll see you there!

Michael Drossos, SRNA C/O 2020



Graduate Nursing on USS Comfort



Graduate Nursing students and faculty from the FIU Nicole Wertheim College of Nursing and Health Sciences joined the Enduring Promise initiative in partnership with US Southern Command and the USNS Comfort in St. Lucia. The 6 day mission in Castries St. Lucia included 800 medical professionals providing care for 4,846 patients at 2 separate shore based medical sites and completed 79 surgeries on ship as part of the US Southern Command's Enduring Promise initiative reflecting the USA's ongoing commitment to friendship, partnership and solidarity with partner nations in the Caribbean, Central America and South America. This exciting opportunity allowed the students to experience life on ship, for the 6 day mission. Eating, learning from , and collaborating with fellow health care providers and service members from all over the country and colleagues from partnering nations. A highlight of the trip was the opportunity to meet the Vice Admiral Jerome Adams, the Surgeon General of the United States. The Department of Nurse Anesthetist Practice is looking for opportunity to partner up with US Southern Command and USNS Comfort for their students for future missions.

C. Victoria Framil, DNP, APRN-BC



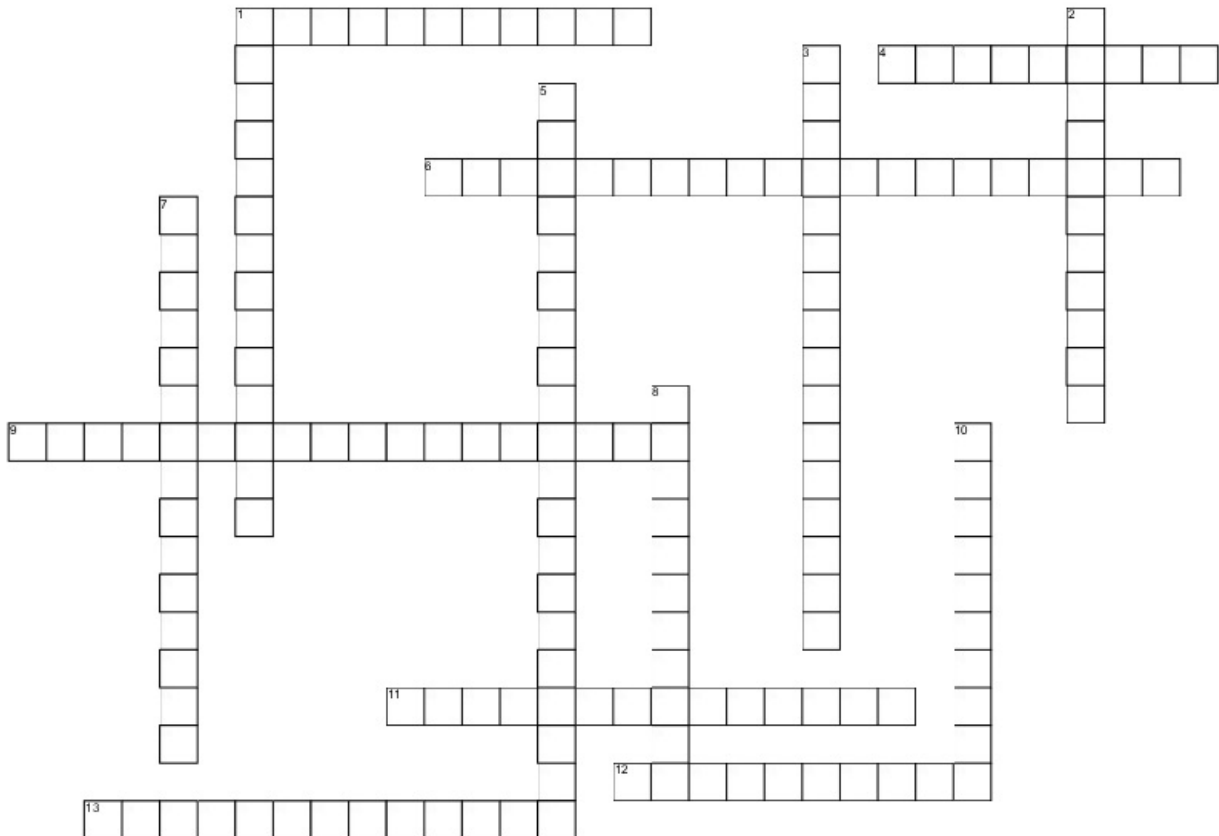
Doctor of Nursing Practice Hooding Ceremony



Congratulations Class of 2019!

Neuromuscular Blocking Drugs and Reversal Medications

Alicia Bennet, SRNA C/O 2021



ACROSS

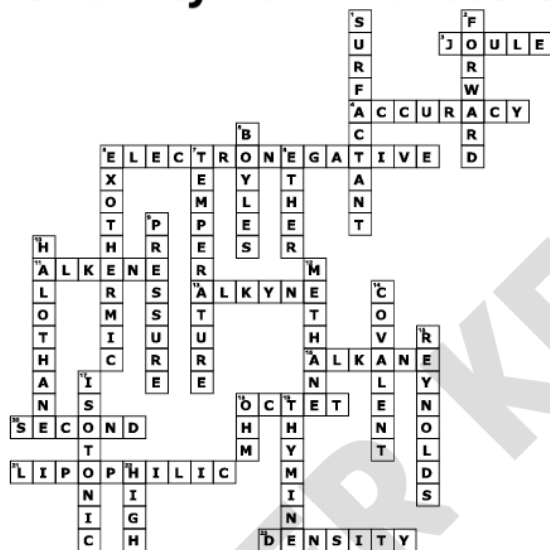
- 1 Muscle Relaxant that causes tachycardia, increased cardiac output and mild hypertension as side effects
- 4 This number is used to indicate the QUALITY of the enzyme, not the quantity
- 6 Breaks down Acetylcholine to Choline and Acetate
- 9 Neuromuscular Blocking Drugs that are more likely to have a histamine release
- 11 This was a problem with long acting NMBDs whose effects outlasted the reversal agents
- 12 An intermediate Neuromuscular Blocking Drug
- 13 Precursor of neostigmine, and a Tertiary amine

DOWN

- 1 Used in the treatment of myasthenia gravis, can cause bromide toxicity and cholinergic crisis
- 2 metabolite of Atracurium, may cause CNS stimulation/seizures at high concentrations
- 3 Used to attenuate the peripheral muscarinic effects of acetylcholinesterase inhibitors
- 5 Another name for Plasma Cholinesterase
- 7 Only depolarizing NMB in clinical practice
- 8 A reversal agent which has a two-fold mechanism which includes the Inactivation of acetylcholinesterase and Increasing the half life of acetylcholine at receptors
- 10 A desacetoxy derivative of vecuronium

CROSSWORD PUZZLES

Chem/Physics by Mike D Answer Key from Previous Issue



Across

3. SI unit of work.
4. agreement between experimental data and the "true" value.
6. i. Propensity of an atom to pull electrons toward itself.
11. •Have a carbon-carbon double bond functional group.
13. •Have a carbon-carbon triple bond functional group
16. Simplest of the organic compounds.
18. ___ rule describes eight electrons in the valence shell
20. Newton's ___ law force = mass x acceleration
21. the head of local anesthetics
23. mass divided by volume

Down

1. improve a solvent's ability to be a solvent.
2. K ___ the reaction tends to favor products.
5. ___ law is the relationship between volume & pressure.
6. The reaction between absorbent and CO₂.
7. as this decreases more gas is able to dissolve in blood.
8. generic formula R-O-R'
9. force divided by area.
10. 2-bromo-2-chloro-1,1,1-trifluoro-ethane
12. the simplest alkane
14. ___ bond results from sharing one or more pairs of electrons.
15. dimensionless number that describes fluid flow.
17. two solutions containing equal concentration of particles.
18. measurement of resistance
19. binds with adenine
22. desflurane in an isoflurane container causes ___ output

Recipe: Seven Layer Magic Bar



Ingredients

1 1/2 cups crushed graham cracker crumbs

1/2 cup butter

1 cup chocolate chips

1 cup butterscotch chips

1 cup sweetened flaked coconut

1/2 cup chopped walnuts

1 (14 oz) can sweetened condensed milk

Instructions

Preheat oven to 350 degrees.

Spray a 9x13 inch baking pan with cooking spray and set aside.

Melt butter in a small saucepan. Remove from heat and stir in graham cracker crumbs until thoroughly combined.

Press into the bottom of a 9x13 inch baking pan to form the crust.

Evenly sprinkle remaining ingredients one by one over the crust to form layers, beginning with the chocolate chips, followed by the butterscotch chips, coconut, and walnuts.

Pour the condensed milk evenly over the top, and spread with a rubber spatula to make sure it's evenly distributed.

Bake in preheated oven for 25-30 minutes until edges are golden brown and the middle is set.

Allow to cool completely before slicing. Enjoy!

K. Grubb, SRNAC/O 2021

#FIU SRNA 2019 RECAP



Upcoming Dates

CRNA Day 2020

January 27-28, 2020

Tallahassee, FL

FANA Seventh Annual Sand & Surf Anesthesia Symposium

February 7-9, 2020

Kissimmee, FL

AANA Mid- Year Assembly

April 18-22, 2020

Washington, DC

AANA 2020 Annual Congress

August 14-18, 2020

San Diego, California

Message From The Dean



*Fueled by intellect and driven by innovation and caring, the Nicole Wertheim College of Nursing and Health Sciences (NWCNHS) prepares culturally competent and compassionate health care professionals to serve multicultural communities throughout our region and beyond. Our **Graduate Nursing** Department offers many advanced-level education programs designed to elevate the competencies of nursing professionals as they go on to become leaders in nursing practice and management, advocates and writers of health care policy, and valued researchers seeking to improve the health and well-being of entire populations. Our Nurse Anesthetist Program is a clinical specialty track within the Doctor of Nursing Practice (DNP) program of the Graduate Nursing Department and was inaugurated in 2001 as the first nurse anesthetist program in the State of Florida University System. Completion of this program will allow graduates to take their place among the ranks of the highly respected CRNAs who mold the health care history of our next century. Despite the economic needs of students, FIU is only able to provide partial financial aid to approximately 60% of students who apply for assistance. As a result, many talented and highly motivated students with limited resources are forced to attend part-time or postpone their education altogether. Your financial gift to the Nicole Wertheim College of Nursing and Health Sciences will help us as we strive to meet the needs of our students through our scholarship program. In addition to scholarships for our students, a gift to the college may support faculty development and research programs, as well as our world-class facilities. Your gift will also enable the NWCNHS to meet the critical demand for culturally competent health care professionals to tackle the complex health care challenges of the 21st century. On behalf of the students and faculty who will continue to benefit from your generosity, I extend my sincere gratitude for your support. Please contact our Development Department, at 305-348-1336 should you have questions or if you would like a tour of our college.*

Sincerely,

*Ora L. Strickland, Ph.D., DSc (Hon), RN, FAAN
Dean and Professor*

YOUR GIFT WILL MAKE A DIFFERENCE!

If you would like to support the Nicole Wertheim College of Nursing and Health Sciences and Anesthesiology, you can give one of two ways:

ONLINE: Visit cnhs.fiu.edu > Click on “Give to NWCNHS” at top of page > Click on “Give online” at left side of page > Choose the program > Make your donation!

BY CHECK: Please make your check payable to: **FIU Foundation**. On the memo line note:

NWCNHS and the program you are donating to. Your check can be mailed to:

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